

Sunbeam

Juice Life

Multipurpose wheatgrass, fruit
and vegetable juicer

Instruction Booklet

JS7300

Please read these instructions carefully
and retain for future reference.



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Important instructions – retain for future use.

تأكد من تفهم احتياطات السلامة المذكورة اعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich daß die obenstehenden Sicherheitsmaßnahmen Verstanden werden

Βεβαιώνετε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

کاری بکنید کہ احتیاطهای بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşılığundan emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

Sunbeam's Safety Precautions

SAFETY PRECAUTIONS FOR YOUR SUNBEAM SLOW JUICER.

- Do not put fingers or other objects into the feed chute whilst the juicer is in operation.
- Do not push fruit or vegetables into the feed chute with your fingers, always use the food pusher provided.
- If any fruit or vegetables become lodged in the feed chute, use the food pusher or turn off the juicer, remove the plug from the power outlet and disassemble to remove the lodged fruit or vegetables.
- Never operate without pulp container.
- Ensure the juicer is correctly and completely assembled before turning the appliance 'On'.
- Always operate the juicer on a flat, level surface.
- Make sure the juicer body is securely fastened before the appliance is turned 'On'.
- Be sure to turn the power switch to 'Off' position after every use of the juicer.
- Do not operate with covers removed.
- Do not touch moving parts.
- Do not operate for more than 13 minutes at a time.

Sunbeam are very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- Close supervision is necessary when your appliance is being used near children or infirm persons.
- Young children should be supervised to ensure that they do not play with the appliance.
- Never leave an appliance unattended while in use.
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven. Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection, Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.

If you have any concerns regarding the performance and use of your appliance, please visit www.sunbeam.com.au or contact the Sunbeam Consumer Service Line.

Ensure the above safety precautions are understood.

Features of your Sunbeam Juice Life

Food pusher

Guides food evenly down the food tube.

Reverse/off/on switch

Easy to use operating switch starts and stops the operation of the slow juicer and also includes a reverse function to free up any wedged food stuffs.

Visor

Designed to stay on the benchtop, the visor totally encloses and protects the juicer, when unassembled.

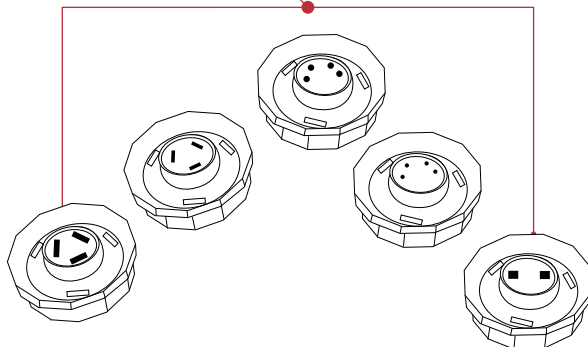
Powerful Motor

The base houses a powerful motor that supports the slow moving gear, squeezing and crushing the food releasing nutrients deep inside the vegetable fibres.

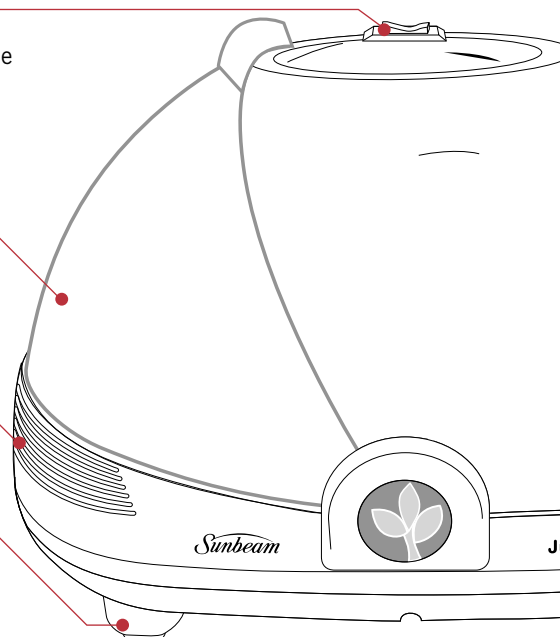
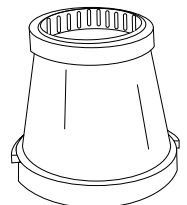
Non-slip feet

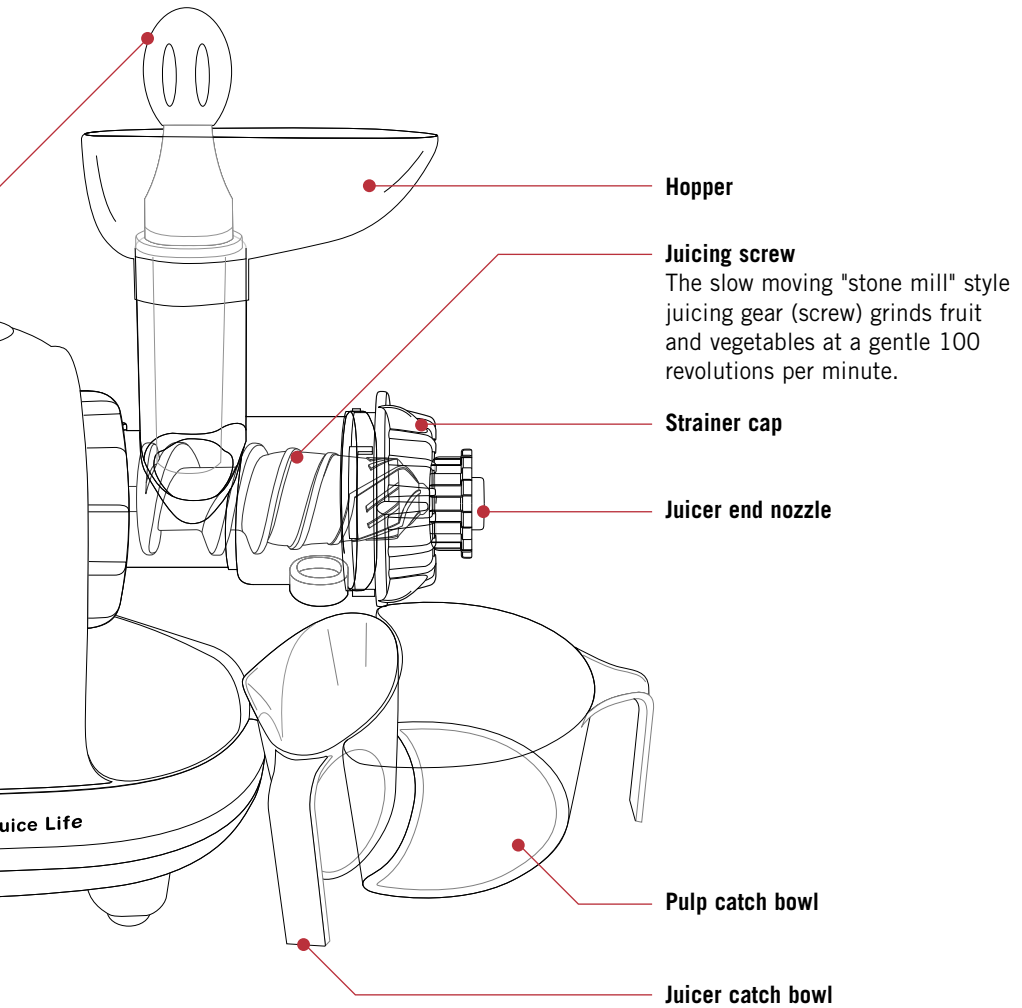
Keeps the slow juicer secure on the bench top during use.

Pasta and noodle nozzles

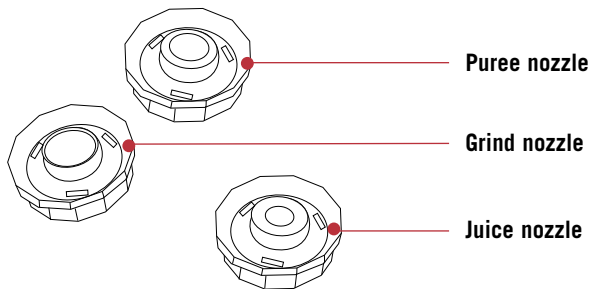
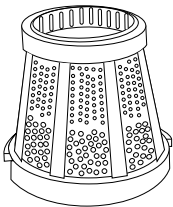


Blank strainer



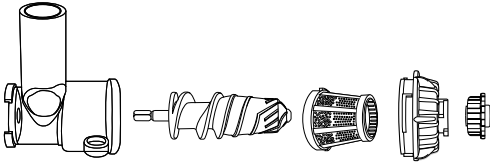


Juice strainer

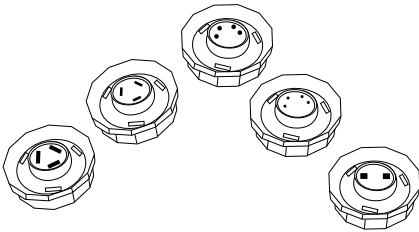


Parts of your Sunbeam Juice Life

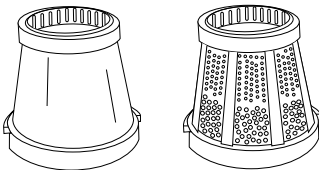
1. Juicer body, juicing screw, strainer, strainer cap, juicer end nozzle. Figure 1 illustrates parts from left to right and in order of assembly.



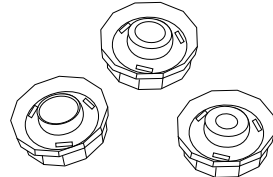
2. Five pasta and noodle end nozzles. Figure 2 illustrates large and small flat noodles left, large and small round noodles right and square hole noodles.



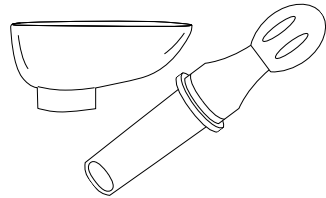
3. Figure 3 illustrates the blank strainer left and the juice strainer right.



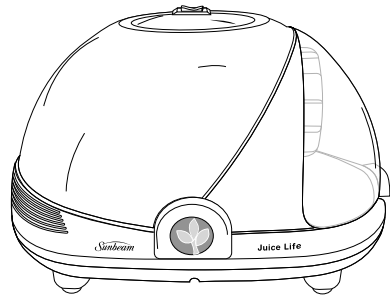
4. Nozzle for grinding nuts and biscuits, nozzle for pureeing frozen desserts, baby food and sauces, and nozzle for fruit, vegetable and wheatgrass juice. Figure 4 illustrates nozzles left to right.



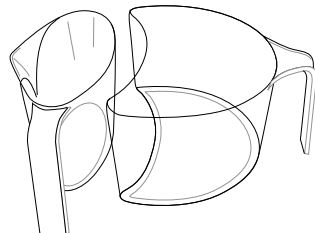
5. Hopper and food pusher, figure 5.



6. Motor body of the Sunbeam Juice Life, figure 6.



7. Juice and pulp container, figure 7.



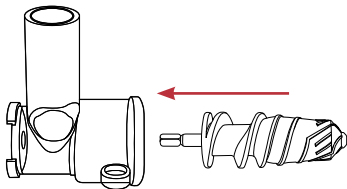
Assembling your Sunbeam Juice Life

Before Use

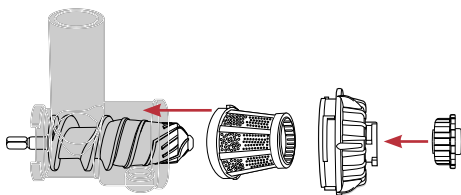
After unpacking your Sunbeam Juice Life Juicer, we recommend that you disassemble the unit before using for the first time. Wash all parts except the motor body in hot soapy water. Rinse and dry immediately.

Important: Always ensure your juicer is unplugged from the power outlet when not in use, during assembling or whilst removing parts.

1. Insert the juicing screw into the juicer body, figure 8.

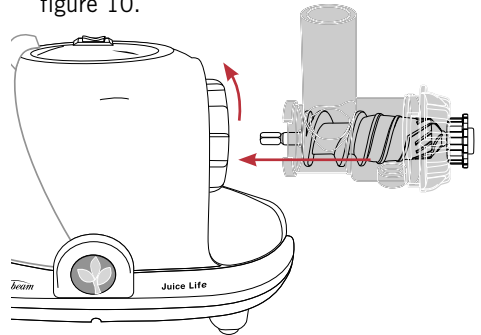


2. Then, add the following, figure 9;

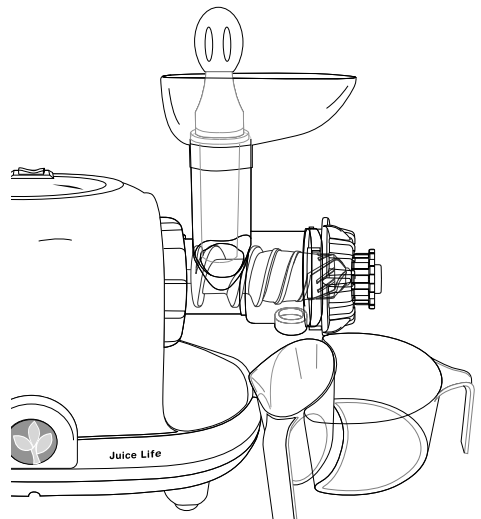


- a. Juice strainer (or blank strainer).
- b. The strainer cap. Tighten it by turning it to the left or anti-clockwise.
- c. Finally, add the juicing end nozzle (the one with the green washer) or any of the other seven end nozzles. Tighten by turning left or anti-clockwise.

3. Set the motor body on a dry, level surface. Make sure the power cord is unplugged during assembly.
4. Insert the juicer body and its gear shaft into the motor body. Then lock the juicer body by turning the locking nut clockwise, figure 10.



5. Insert the hopper onto the top of the juicer body chute and slide both the juice (small) and the pulp (bigger) containers underneath the juicer body. The juice container sits closest to the motor, figure 11.



Helpful Hints for Juicing

- The Sunbeam Juice Life juices wheatgrass, leafy greens and herbs, fruit and vegetables.
 - Never force the food pusher down the chute with heavy pressure. Heavy downward pressure may bend the steel juicer screw shaft. Such heavy pressure indicates that 1) the feed chute is overfilled, or 2) the juicer body is clogged. Try the reverse button or clean out the juicer body. Put less food in the chute.
 - Choose the best end of the vegetable to insert first. Some vegetables, such as wheatgrass, juice more easily if the tips are inserted first. Other green vegetables such as parsley are best inserted with their bottoms or stalks first. Test which end of your vegetable works best.
 - Some vegetable parts, such as the leaves of beets, are very bitter, whereas the beet roots are very sweet. When experimenting with unusual vegetables taste them first and be selective.
 - Some seeds from citrus fruits can be bitter so you may want to remove some of the seeds if desired.
 - Juice only the freshest produce to get the most out them and the best flavours.
 - Wheatgrass can be alternated with other greens, such as celery, spinach, or cabbage for those who prefer to moderate its strong taste.
 - Alternate hard-to-juice fruits and vegetables with ones that are softer and easier-to-juice.
 - Juice can be successfully stored for one-two days by chilling it just above freezing and refrigerating it inside a pre-chilled thermos. But whenever possible, for best results, drink juice right away.
 - Think of fresh squeezed juice as your vitamin and mineral supplementation. Drink juice daily.
 - Wash all fruit and vegetables well before juicing. There is no need to peel vegetables that have a thin skin but a light scrub with a clean sponge will help rid of any dirt that may be stuck on or any waxy coatings.
 - Peel fruit and vegetables that have a thick skin such as melons, pineapple and citrus fruit.
 - Cut large pieces of fruit, such as melons into wedges.
 - Remove seeds and stones from fruit such as mangoes, papaya and stone fruit.
 - When juicing different fruit and vegetables it may help to juice in different combinations.
- For example, when juicing apples and oranges, juice the soft fruit (oranges) first, and then follow with the hard fruit (apples) second. This will help you to achieve the maximum juice extraction from the fruit and vegetables.
- When juicing fresh herbs such as mint or parsley, add the herbs in between the fruit and vegetables to get the most out of the herb or if only using a small quantity, add the herb at the same time as a piece of fruit and vegetable.
- When juicing small fruit such as grapes or strawberries, add the fruit in handfuls rather than one at a time, this will maximise the amount of juice extracted.
 - Be aware that beetroot stains all other fruit and vegetables. If juicing several different juice combinations, juice the drink with the beetroot last, so as to not stain the other drinks.

Common Usage of Selected Herbs

Herb	Reputed benefits	Common Uses
Alfalfa	Laxative Diuretic Antiseptic	Urinary tract infections Kidney, bladder and prostate disorders Bone and joint conditions
Aloe Vera	Antiviral and antibacterial Antiinflammatory Moisturising Wound-healing	Constipation Peptic ulcers Viral infections Topically for burns and skin irritation
Calendula (Marigold)	Muscle relaxant Digestive remedy	Gastritis Ulcers Menstrual problems
Fennel	Antiinflammatory Diuretic Digestive aid	Respiratory infections Wind and bloating Increases milk flow in lactation
Fenugreek	Expectorant Antiinflammatory Demulcent Vulnerary	High blood pressure Improves digestion Increases milk flow in lactation Menopause
Flaxseed	Laxative Pain relief	Constipation Respiratory problems Soothes gut irritation
Garlic	Antibacterial, antiviral, antifungal Antiinflammatory Antioxidant Reduces blood clotting	High cholesterol High blood pressure Digestive and respiratory problems
Ginger	Antibacterial Antioxidant Antiinflammatory Anti-clotting Pain relief Antispasmodic	Motion sickness Nausea Vomiting Inflammatory conditions eg arthritis Improve digestion
Horseradish	Stimulates circulation Antibiotic	Treat infections Rheumatism
Parsley	Diuretic	Urinary infections and stones Improve digestion Flatulence

Common Usage of Selected Herbs continued

Herb	Reputed benefits	Common Uses
Peppermint	Antispasmodic Bile flow stimulant	Improves digestion Relieves smooth muscle spasms
Raspberry leaf	Strengthens and tones uterus	Prepare mothers for child birth Diarrhoea
Sage	Carminative Antispasmodic Antimicrobial Antiinflammatory	Colds Sore throats Hot flushes Menstrual problems Indigestion
Thyme	Carminative Antispasmodic Antimicrobial Expectorant	Sore throats Colds Coughs Improves digestion Flatulence

Colour Wheel of Plant Food Nutrition



Colour Wheel of Plant Food Nutrition continued

Plant food	Nutrition
Green	
Alfalfa	Beta carotene, calcium, vitamins D, E, K
Apple	Pectin, potassium, vitamin C, dietary fibre, boron, flavonoids, phenolics
Asparagus	Dietary fibre, beta carotene, vitamins C, E, folate, phenolics, other carotenoids
Beans (green)	Dietary fibre, vitamin C, beta carotene, folate, iron, flavonoids, phenolics, other carotenoids
Bok Choy	Vitamin C, iron, folate, dietary fibre
Brussels Sprouts	Vitamins C, E, beta carotene, folate, iron, phenolics
Cabbage	Vitamin C (especially red cabbage), beta carotene, calcium, iron, dietary fibre, other strong antioxidants
Capsicum	Vitamin C, beta carotene, flavonoids, carotenoids, phenolics
Celery	Flavonoids, coumarins, phenolics, terpenoids
Coriander	Flavonoids, coumarins, phenolics, terpenoids
Cucumber	Small amount of vitamins and minerals
Grapes	Dietary fibre, vitamin C, potassium, vitamin A, flavonols, phenolics, vitamin E
Honeydew melon	Vitamin C, carotenoids
Lettuce	Dietary fibre, beta carotene, lutein, zeaxanthin, other carotenoids, folate, flavonoids, phenolics, other antioxidants (darker colours contain more antioxidants)
Lime	Flavonoids, pectin, vitamin C
Parsley	Vitamin C, iron, flavonoids, coumarins, phenolics, terpenoids, lutein, zeaxanthin
Pea (green)	Dietary fibre, protein, vitamin C, zinc, iron, niacin, potassium, phenolics, carotenoids
Thyme	Terpenoids, luteolin (flavonoids)
Watercress	Vitamins C, E, folate, beta carotene, iron, carotenoids, phenolics, flavonoids, glucosinolates

Colour Wheel of Plant Food Nutrition continued

Plant food	Nutrition
Dark green	
Basil	Terpenoids, flavonoids
Beetroot	Leaves: beta carotene, calcium, iron
Broccoli	Vitamin C, dietary fibre, iron, potassium, vitamin E, folate, beta carotene, flavonoids, sulphoraphane, phenolics, lutein, zeaxanthin
Kale	Carotenoids, vitamin C, flavonoids, sulphur compounds
Kiwifruit	Vitamin C, flavonoids, dietary fibre
Mint	Flavonoids, menthol, volatile oils, terpenoids
Rosemary	Terpenoids, flavonoids
Sage	Terpenoids, flavonoids
Spinach	Carotenoids (lutein and zeaxanthin), vitamin C, beta carotene, folate, fibre, iron
Wheatgrass	Coumarins
Yellow	
Banana	Potassium, dietary fibre, vitamins B6, C
Corn	Dietary fibre, vitamin C, beta carotene, niacin, folate, potassium, phenolics, carotenoids
Grapefruit	Vitamin C, dietary fibre, flavonoids
Lemon	Flavonoids, pectin, vitamin C
Nashi	Small amount of vitamins and minerals, some dietary fibre
Passionfruit	Vitamin C, dietary fibre, riboflavin, niacin, iron
Peach	Vitamin C, dietary fibre, beta carotene
Pear	Dietary fibre, small amount of vitamins and minerals
Pineapple	Vitamin C, fibre, small amount of other vitamins and minerals

Colour Wheel of Plant Food Nutrition continued

Plant food	Nutrition
Orange	
Apricot	Beta carotene, vitamin C, dietary fibre, flavonoids
Carrot	Beta carotene, folate, dietary fibre
Mandarin	Vitamin C, Dietary fibre
Mango	Beta carotene, vitamin C, potassium, flavonoids, dietary fibre, vitamin E
Nectarine	Beta carotene, vitamin C, flavonoids, dietary fibre
Orange	Vitamin C, dietary fibre, beta carotene, carotenoids, pectin, flavonoids, phenolics
Rockmelon	Vitamin C, beta carotene, carotenoids
Red	
Apple	Pectin, potassium, vitamin C, dietary fibre, boron, flavonoids, phenolics
Capsicum	Vitamin C, beta carotene, flavonoids, carotenoids, phenolics
Cherry	Vitamin C, dietary fibre, flavonoids, phenolics
Raspberry	Lignin (dietary fibre), vitamin C, folate, anthocyanidins, flavonoids, phenolics
Strawberry	Vitamin C, dietary fibre, folate, flavonoids, phenolics
Tomato	Lycopene, vitamins C, E, folate, dietary fibre, beta carotene, phenolics
Pink	
Pink Grapefruit	Vitamin C, dietary fibre, flavonoids, lycopene
Papaya	Carotenoids, vitamin C, fibre, papain, vitamin E
Pawpaw	Beta carotene, flavonoids, magnesium, papain, vitamin E
Watermelon	Carotenoids, beta carotene, vitamin C, dietary fibre, lycopene

Colour Wheel of Plant Food Nutrition continued

Plant food	Nutrition
Purple	
Beetroot	Root: Folate, potassium, phenolics
Eggplant	Dietary fibre, antioxidants
Grapes	Dietary fibre, vitamin C, potassium, vitamin A, flavenols, phenolics, vitamin E
Olive	Vitamin E
Plum	Vitamins C, E, potassium, carotenoids, phenolics, flavonoids, dietary fibre
White	
Cauliflower	Vitamin C, dietary fibre, folate, indoles
Chives	Sulphur compounds, flavonoids
Fennel	Beta carotene, dietary fibre, folate, vitamin C, iron, flavonoids, coumarins, phenolics, terpenoids, leafy tops contain vitamin A
Garlic	Protein, dietary fibre, potassium, iron, zinc, vitamin C, sulphur compounds, phenolics
Ginger	Coumarin, gingerols, diarylheptanoids, phenolics, dietary fibre
Leek	Fibre, iron, beta carotene, vitamins B6, C, E, thiamine, folate, other B vitamins
Lychee	Vitamin C, calcium, potassium, phosphorous
Onion	Oligosaccharides, dietary fibre, vitamin C, beta carotene, flavonoids, phenolics
Parsnip	Vitamin C, E, niacin, potassium, dietary fibre
Shallots	Beta carotene, vitamin C, dietary fibre
Blue	
Blueberry	Carotenoids, resveratol, vitamin C, dietary fibre, flavonoids, phenolics, vitamin E

Health Benefits of Plant Foods

A to Z

Nutrient	Role in health
Antioxidant	A substance that prevents oxygen-damage to cells. Antioxidants combat free radicals and are believed to slow the ageing process and help protect the body from cancer.
Anthocyanidins	See flavonoids
Beta Carotene	A form of carotenoid, beta carotene is transformed into vitamin A by the body.
Boron	An ultra-trace element, may be involved in hormone regulation
Calcium	For healthy bones and teeth, also essential for healthy functioning of muscles and nervous system
Carotenoids	A group of powerful antioxidants found in yellow and orange fruits and vegetables. Carotenoids may help reduce the risk of some cancers, may enhance the immune system and may assist in the prevention of cholesterol build up in the arteries.
Coumarins	A potent antioxidant found in ginger, tumeric and cardamom
Diarylheptanoids	A powerful type of antioxidant found in ginger, tumeric and cardamom
Dietary Fibre	Components of the diet that are not absorbed in the small intestine. Includes insoluble (cellulose, hemicelluloses and lignin) and soluble (pectin, gums and mucilages) fibres. Consuming adequate fibre aids digestion, relieves constipation, lowers cholesterol, improves diabetes and helps prevent cancer.
Flavonoids	A large group of antioxidants, part of the phenolic group of compounds. Evidence suggests flavonoids work as anti-cancer agents, and against bacteria, viruses, inflammations and allergies. They may also reduce clogging of arteries and help the actions of vitamins C and E.
Folate	A B vitamin, folate is used to make DNA and red blood cells. It is especially important for women of child bearing age and in the early stages of pregnancy to prevent neural tube defects in infants.
Gingerols	A potent antioxidant found in ginger, tumeric and cardamom
Glucosinolates	Powerful anti-cancer agents that boost the effect of other antioxidants.
Indoles	A type of sulphur compound involved in the suppression or blocking of DNA damage, and reduction of tumour size. See 'Sulphur Compounds'

Health Benefits of Plant Foods A to Z continued

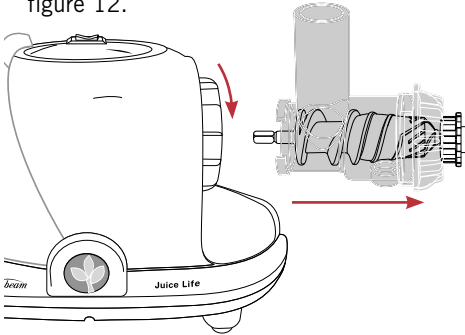
Iron	A mineral needed for the production of red blood cells and muscles. Iron carries oxygen around the blood and is best absorbed from animal sources.
Lignin	A 'woody' type of insoluble fibre. See 'Dietary Fibre'.
Lycopene	A type of carotenoid that may help to prevent cancers of the prostate, stomach and pancreas.
Lutein	A type of carotenoid that has been shown to protect the degeneration of eyesight.
Luteolin	A type of flavonoid found mainly in citrus fruits.
Magnesium	A mineral important for the healthy functioning of enzymes and muscles.
Menthol	Derived from the volatile oil of peppermint.
Niacin	A B vitamin used to release energy from food and deliver it to cells in the body.
Oligosaccharides	A form of carbohydrate, unavailable for absorption in the small intestine. Oligosaccharides are fermented by bacteria in the large intestine and in large doses may cause wind.
Papain	An enzyme that assists with protein digestion
Pectin	A type of soluble fibre that helps reduce blood cholesterol levels and regulate blood sugar levels. See 'Dietary Fibre'.
Phenolics	A large group of chemical compounds found in a wide range of foods. Includes a range of antioxidants such as flavonoids, catechins and anthocyanins.
Phosphorous	A mineral essential for healthy bones and teeth and also plays a role in the body's energy, protein and genetic make up.
Potassium	A mineral essential for healthy functioning of muscles and the nervous system. Potassium may assist in the regulation of blood pressure.
Protein	A macronutrient essential for the growth, development and repair of healthy cells.
Resveratrol	A phenolic compound with a powerful anti-cancer effect. See 'Phenolics'.
Riboflavin	A B vitamin, riboflavin is involved in energy production. It is also needed for healthy skin, hair and nails.
Sulphoraphane	A type of sulphur compound, similar to indole that is involved in blocking or suppressing DNA damage and reducing the size of tumours. See 'Sulphur Compounds'.

Health Benefits of Plant Foods A to Z continued

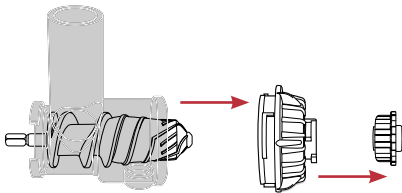
Sulphur Compounds	A group of antioxidant compounds that enhance immune function, reduce the size and number of tumour cells, assist in the excretion of carcinogens and trigger enzyme systems that block or suppress damage to DNA.
Terpenoids	A potent group of antioxidants.
Thiamin	A B vitamin, thiamin is used in the production of energy and to maintain a healthy nervous system.
Vitamin A	Essential for growing cells, good vision and healthy respiratory and urinary systems. Beta carotene is transformed into vitamin A by the body.
Vitamin B6	Used in the production and turnover of proteins in the body.
Vitamin C	An antioxidant that enables the body's absorption of iron, assists wound healing, is involved in the formation of collagen and may reduce the severity of a common cold.
Vitamin D	Enables the absorption of calcium into bones and teeth.
Vitamin E	A strong antioxidant, vitamin E is essential to protect cells from damaging effects of oxygen radicals.
Vitamin K	Important for the formation of blood clots in open wounds after injury.
Volatile Oils	'Essential' aromatic oils used in complementary therapy.
Zinc	Used for a healthy immune system, strong eyesight, wound healing and in a number of enzyme systems.
Zeaxanthin	A type of carotenoid that has been shown to protect the degeneration of eyesight.

Disassembling your Sunbeam Juice Life

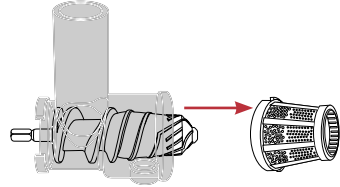
1. Turn the power 'Off ' at the power outlet and unplug the cord.
2. Separate the entire juicer body from the motor body. Turn the locking nut on the motor body to the left or anti-clockwise, figure 12.



3. Release the juicer end nozzle from the strainer cap, by turning to the right or clockwise.
4. Release the strainer cap by turning clockwise, figure 13.

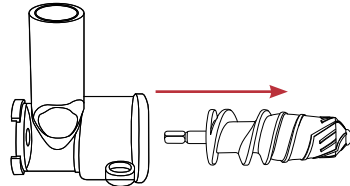


5. Remove the juice strainer (blank strainer), figure 14.



Note: If the strainer cap is too difficult to release because food is compacted in it, then separate the juicer body from the motor, remove the end nozzle and get a good grip on the strainer cap with a non-slip rubber glove. Turn it to the right or clockwise.

6. Removing the juicing screw, figure 15.



Fast Clean Up

Clean up is fast when done immediately after juicing.

1. Immerse the juicer body and its parts in warm water, then rinse clean under running water.

2. Use a hard bristle tooth brush to remove all pulp from the juice strainer; this is best done under a tap with running water.
3. Wipe motor body clean with a damp cloth or sponge.

Care and Cleaning

Note: Ensure that the juicer is unplugged from the power outlet prior to cleaning.

Thorough cleaning

To clean the juicer strainer use the hard bristle brush. Tough to get out fibres can be softened by soaking. Any remaining vegetable fibers can be brushed off with a dry brush when the strainer is completely dry. Keep your strainer clean. A partially clogged juicer strainer reduces juicer efficiency.

All parts are washable in warm soapy water except the motor body.

Dry parts with a towel or let them drip dry in dish rack.

Important: Do not use chemical cleaners or scouring powders on the juicer parts. These products will damage the machine parts and finish.

If there are vegetable stains, soak the affected parts overnight in a solution of white vinegar diluted with an equal amount of water. As an alternative, try the same recipe with bicarbonate of soda. Vegetable stains on the juicing screw are normal.

Dishwashing

All parts of the Sunbeam Juice Life, excluding the motor body, can be placed in the dishwasher for effortless cleaning after juicing.

Do not place juicer parts close to the heater element in a dishwasher. If the heating element is on bottom, place the juicer parts on the top rack only.

Recipes

VEGETABLE JUICES

Serving size = 1 cup

All recipes are designed to make 2 serves, but the serve size may vary according to vegetable sizes.

Orange Soother

5 large carrots
4 stalks celery
2 Lebanese cucumbers
1 clove garlic

Per serve

245KJ Carbohydrate 9.3g Protein 1.8g Fat 0.3g

Per 100ml

164KJ Carbohydrate 6.3g Protein 1.2g Fat 0.2g

V-8 Boost

2 large carrots
2 stalks celery
2 tomatoes
2 leaves silverbeet
2 stalks parsley
25g rocket
2 sprigs coriander
1 small red capsicum
1 clove garlic

Per serve

300KJ Carbohydrate 9.8g Protein 3.8g Fat 0.5g

Per 100ml

147KJ Carbohydrate 4.7g Protein 1.8g Fat 0.2g

Green Magic

4 stalks celery
2 tomatoes
2 sprigs coriander
1 green capsicum
1 clove garlic

Per serve

259KJ Carbohydrate 7.7g Protein 3.8g Fat 0.4g

Per 100ml

124KJ Carbohydrate 3.7g Protein 1.8g Fat 0.2g

Liquid Detox

3 large carrots
2 stalks celery
2 leaves silverbeet
¼ head (100g) red cabbage
2 sprigs dill
½ lemon (no rind)

Per serve

281KJ Carbohydrate 9.2g Protein 2.8g Fat 0.4g

Per 100ml

182KJ Carbohydrate 5.9g Protein 1.8g Fat 0.25g

Middy Pick-Me-Up

4 large carrots
4 stalks celery
3 sprigs parsley
16g piece ginger

Per serve

277KJ Carbohydrate 10.5g Protein 2g Fat 0.3g

Per 100ml

150KJ Carbohydrate 5.8g Protein 1.1g Fat 0.2g

Recipes continued

Rocket Fuel

4 carrots
2 cups alfalfa sprouts
3 stalks celery
2 fistfuls wheatgrass

Per serve

237KJ Carbohydrate 8g Protein 2.7g Fat 0.3g

Per 100ml

197KJ Carbohydrate 6.7g Protein 2.2g Fat 0.25g

Immune booster

1 ½ cups broccoli, chopped
3 carrots
¾ cup beetroot, chopped

Per serve

589KJ Carbohydrate 10g Protein 15g Fat 1g

Per 100ml

266KJ Carbohydrate 4.5g Protein 6.7g Fat 0.5g

Skin Tonic

1 red capsicum
¼ head white cabbage
3 tomatoes
2 sprigs parsley

Per serve

473KJ Carbohydrate 13.2g Protein 7.8g Fat 0.6g

Per 100ml

163KJ Carbohydrate 4.5g Protein 2.4g Fat 0.21g

Fennel Fever

200g (½ head) lettuce
2 stalks celery
1 bulb fennel

Per serve

359KJ Carbohydrate 10.4g Protein 4.3g Fat 0.5g

Per 100ml

146KJ Carbohydrate 4.2g Protein 1.7g Fat 0.2g

Green Dream

450g broccoli
4 sprigs parsley
2 granny smith apples
1 large stalk celery

Per serve

661KJ Carbohydrate 19.9g Protein 11.3g Fat 0.8g

Per 100ml

282KJ Carbohydrate 8.55g Protein 4.84g Fat 0.38g

Popeye's Pride

7 leaves spinach
4 sprigs parsley
3 carrots

Per serve

443KJ Carbohydrate 7g Protein 9.9g Fat 1.2g

Per 100ml

170KJ Carbohydrate 2.7g Protein 3.8g Fat 0.5g

Protector Punch

3 Carrots
1 small beetroot
½ red capsicum, no seeds
2 large silverbeet leaves

Per serve

332KJ Carbohydrate 10g Protein 4.9g Fat 0.6g

Per 100ml

215KJ Carbohydrate 6.5g Protein 3.2g Fat 0.4g

Recipes continued

FRUIT JUICES

Serving size = 1 cup

All recipes are designed to make 2 serves, but the serve size may vary according to fruit sizes.

Detoxifier

3 apples

3 pears

1 lime (no rind)

Per serve

598KJ Carbohydrate 32.4g Protein 0.8g Fat 0.3g

Per 100ml

378KJ Carbohydrate 21.5g Protein 0.5g Fat 0.2g

Rise n' Shine

2 oranges (no rind)

1 grapefruit (no rind)

1 papaya (seeds and skin removed)

1 thumb-sized piece ginger

Per serve

661KJ Carbohydrate 30g Protein 3.2g Fat 0.6g

Per 100ml

261KJ Carbohydrate 12.2g Protein 1.3g Fat 0.2g

Solar powered

½ pineapple

400g watermelon

2 oranges

1 pear

Per serve

640KJ Carbohydrate 30g Protein 3.2g Fat 0.6g

Per 100ml

259KJ Carbohydrate 12.2g Protein 1.3g Fat 0.25g

Wake up call

1 punnet strawberries

2 kiwifruit

1 banana

1 orange (no rind)

Per serve

543KJ Carbohydrate 24g Protein 3.7g Fat 0.3g

Per 100ml

396KJ Carbohydrate 17.9g Protein 2.7g Fat 0.24g

Lunchtime Lifter

1 punnet blueberries

1 pink grapefruit (no rind)

2 red apples (Pink Lady or Braeburn)

Per serve

772KJ Carbohydrate 39.6g Protein 2.3g Fat 0.6g

Per 100ml

284KJ Carbohydrate 14.6g Protein 0.9g Fat 0.2g

Free Radical Breakthrough

1 grapefruit (no rind)

2 kiwifruit

175g (1 cup, chopped) pineapple

100g mixed berries (fresh or frozen)

Per serve

506KJ Carbohydrate 21g Protein 3.8g Fat 0.5g

Per 100ml

198KJ Carbohydrate 8.3g Protein 1.5g Fat 0.2g

Recipes continued

Citrus Sunrise

1 pink grapefruit

2 oranges

½ punnet raspberries or strawberries

Per serve

406KJ Carbohydrate 17.2g Protein 2.6g Fat 0.5g

Per 100ml

180KJ Carbohydrate 7.6g Protein 1.2g Fat 0.2g

Summer daze

600g watermelon

½ pineapple

2 sprig mint

Per serve

510KJ Carbohydrate 24.4g Protein 2.1g Fat 0.7g

Per 100ml

203KJ Carbohydrate 9.7g Protein 0.8g Fat 0.3g

Mango Magic

300g mango flesh (about 2 mangoes)

1 orange (no rind)

1 pear

1 lemon wedge (no rind)

Per serve

693KJ Carbohydrate 35.5g Protein 2.5g Fat 0.5g

Per 100ml

270KJ Carbohydrate 13.8g Protein 1g Fat 0.2g

Cholesterol Crusher

2 apples

½ lemon (no rind)

1 lime (no rind)

1 mandarin (no rind)

1 orange (no rind)

Per serve

561KJ Carbohydrate 27g Protein 1.8g Fat 0.4g

Per 100ml

295KJ Carbohydrate 14g Protein 0.9g Fat 0.2g

Pipe Cleaner

2 apples

200mL cranberry juice

Per serve

497KJ Carbohydrate 26g Protein 1g Fat 0.3g

Per 100ml

208KJ Carbohydrate 11.2g Protein 0.4g Fat 0.12g

Lycio-luscious

6 watermelon triangles

1 pink grapefruit

2 sprigs mint

Per serve

503KJ Carbohydrate 23g Protein 2.2g Fat 1g

Per 100ml

134.8KJ Carbohydrate 6.4g Protein 0.6g Fat 0.3g

Enzyme Energiser

1 papaya

2 cups chopped pineapple

3 sprigs mint

Per serve

543KJ Carbohydrate 25g Protein 2.5g Fat 0.4g

Per 100ml

244KJ Carbohydrate 11.3g Protein 1.1g Fat 0.2g

Recipes continued

MIXED VEGETABLE AND FRUIT JUICE

Serving size = 1 cup

All recipes are designed to make 2 serves, but the serve size may vary according to fruit and vegetable sizes.

Zinger

¼ small pineapple

2 Green apples

1 stalk Celery

1 sprig Mint

¼ small lemon

Per serve

459KJ Carbohydrate 23g Protein 1.3g Fat 0.3g

Per 100ml

301KJ Carbohydrate 15.3g Protein 0.9g Fat 0.2g

Purple haze

3 carrots

2 apples

1 small beetroot

Per serve

569KJ Carbohydrate 28g Protein 2g Fat 0.3g

Per 100ml

347KJ Carbohydrate 17.5g Protein 1.2g Fat 0.2g

White settler

3 green apples

3 stalks celery

16g piece ginger

Per serve

411KJ Carbohydrate 21g Protein 1g Fat 0.2g

Per 100ml

299KJ Carbohydrate 15.4g Protein 0.7g Fat 0.2g

Juice rush

¼ rockmelon

2 carrots

300g watermelon

half a lime

Per serve

312KJ Carbohydrate 14g Protein 1.4g Fat 0.45g

Per 100ml

126KJ Carbohydrate 5.6g Protein 0.55g Fat 0.2g

See the light

3 apples

4 large carrots

16g piece ginger

Per serve

697KJ Carbohydrate 36.4g Protein 1.6g Fat 0.4g

Per 100ml

323.4KJ Carbohydrate 16.9g Protein 0.8g Fat 0.17g

Whiter shade

2 carrots

2 stalks celery

1 apple

1 kiwi fruit, peeled

16g piece ginger

Per serve

382KJ Carbohydrate 18.2g Protein 1.55g Fat 0.25g

Per 100ml

283KJ Carbohydrate 13.4g Protein 1.1g Fat 0.2g

Recipes continued

Magenta magic

- 1 small beetroot
- 2 carrots
- 2 apples
- ¼ small pineapple

Per serve

633KJ Carbohydrate 32g Protein 2.4g Fat 0.3g

Per 100ml

352KJ Carbohydrate 17.7g Protein 1.3g Fat 0.2g

Lyco-virgin Mary

- 3 tomatoes
- 1 stalk celery
- 1 carrot

Per serve

217KJ Carbohydrate 6.8g Protein 2.9g Fat 0.3g

Per 100ml

120KJ Carbohydrate 3.7g Protein 1.6g Fat 0.15g

Cleanser cocktail

- 3 large carrots
- 1 stalk celery
- 1 pear
- 1 small beetroot

Per serve

414K Carbohydrate 20g Protein 1.9g Fat 0.25g

Per 100ml

320KJ Carbohydrate 15.4g Protein 1.5g Fat 0.2g

Water works

- 2 large carrots
- 2 green apples
- 2 stalk celery

Per serve

474KJ Carbohydrate 24g Protein 1.2g Fat 0.3g

Per 100ml

323KJ Carbohydrate 16.7g Protein 0.8g Fat 0.2g

Suddenly Soothing

- 2 pears
- 1 fistful watercress
- ½ lemon (no rind)

Per serve

431KJ Carbohydrate 22.8g Protein 0.9g Fat 0.2g

Per 100ml

266KJ Carbohydrate 14g Protein 0.6g Fat 0.15g

Pick up the Pace

- 4 carrots
- 1 apple
- 1 handful parsley
- 1 kiwi fruit

Per serve

434KJ Carbohydrate 20.5g Protein 1.8g Fat 0.3g

Per 100ml

293KJ Carbohydrate 13.9g Protein 1.2g Fat 0.2g

Recipes continued

BABY FOOD

Making your own babies food is wonderful. The Juice Life makes baby food suitable for babies 6 months and over. We recommend that you make sure your slow juicer has been thoroughly cleaned before pureeing.

Tips for freezing baby food: Food can be frozen in a clean ice cube tray in portions, covered, and once frozen, transferred to a resealable bag. Portions can then be thawed as you need it.

Potato and Pumpkin

250g potatoes

320g pumpkin

1. Peel potato and chop into chunks. Peel pumpkin and remove seeds. Cut into pieces larger than the potato (as the potatoes take longer to cook).
2. Boil vegetables until tender but do not overcook; drain and allow to cool for 5 minutes.
2. Assemble slow juicer with the blank strainer and the puree nozzle. Feed food through the slow juicer. If it is too chunky feed mixture through a second time.
3. Warm before serving.

Apple and Pear

1 medium green apple

2 large brown pears

1. Peel fruit and chop into chunks.
2. Boil fruit until tender but do not overcook; drain and allow to cool for 5 minutes.
3. Assemble slow juicer with the blank strainer and the puree nozzle. Feed fruit through the slow juicer. If it is too chunky feed mixture through a second time.
4. Serve warm or cold.

Potato, Cauliflower, Broccoli and Cheese

1 small potato

140g cauliflower

95g broccoli

10g grated cheese

1. Peel potato and chop into chunks. Cut the cauliflower and broccoli into pieces.
2. Boil the potato first until almost soft; then add the other vegetables and cook until tender but do not overcook; strain and reserve a little of the liquid. Allow to cool for 5 minutes.
3. Assemble slow juicer with the blank strainer and the puree nozzle. Feed food through the slow juicer. If it is too chunky feed mixture through a second time.
4. Stir through the cheese and some of the reserved liquid until a desired consistency is achieved. Warm before serving.

Pumpkin, Zucchini and Sweet Potato

330g pumpkin

1 medium (170g) zucchini

125g sweet potato

1. Peel pumpkin and sweet potato and cut into chunks. Peel the zucchini and cut into rounds.
2. Boil the pumpkin and sweet potato first until almost soft; then add the zucchini and cook until tender but do not overcook; drain. Allow to cool for 5 minutes.
3. Assemble slow juicer with the blank strainer and the puree nozzle. Feed food through the slow juicer. If it is too chunky feed mixture through a second time.
4. Warm before serving.

Recipes continued

Pear, Banana and Papaya

1 large brown pear

1 small banana

¼ papaya

1. Peel pear and chop into chunks.
2. Boil pear until tender; drain and allow to cool for 10 minutes.
3. Peel banana; chop into chunks. Peel papaya and remove seeds; chop into chunks.
4. Assemble slow juicer with the blank strainer and the puree nozzle. Feed fruit through the slow juicer. If it is too chunky feed mixture through a second time.
5. Serve warm or cold.

FRESH PASTA

Serves 4

4 x 59g eggs

1 ½ teaspoons vegetable or olive oil

400g plain flour

1. Beat eggs together with oil.
2. Place the flour in a large bowl and make a well in the centre.
3. Pour the egg mixture into the flour and mix well; turn mixture out to surface and knead until well combined.
4. Assemble slow juicer and attach the blank strainer and the desired pasta attachment.

Tip: Lightly coat the juicing screw with an olive oil spray. This makes the pasta making process easier.

5. Have a clean tea towel ready to lay the pasta on. It is also helpful if your hands are well floured at all times.
6. Turn the unit on and start to drop small amounts of dough a little at a time into the juicer body.

Note: The pasta can be slow to start off with – this is normal.

7. As the pasta comes out separate the strands with your floured hands. Once the pasta is at the desired length cut with a knife then continue. Repeat until all of the dough has been used.

Tip: To ensure you get all the dough from the juicer body tear up 1-2 slices of bread and place into the juicer body, this will push any remaining dough out.

8. Leave the pasta to dry for up to 1 hour.
9. Cook pasta in plenty of salted boiling water. The time taken will vary on the type of pasta made. Once cooked dry well and refresh under cold water; this will prevent the pasta from cooking further.

Recipes continued

PASTES AND SAUCES

Salsa Verde

Serves 4-6

- 1 cup flat leaf parsley
 - ½ cup dill
 - ½ cup mint leaves
 - 2 cloves garlic
 - 1 tablespoon capers
 - 1 tablespoon grated lemon rind
 - Sea salt and freshly ground black pepper
 - 1 cup extra virgin olive oil
1. Combine all ingredients in a bowl.
 2. Assemble slow juicer with the blank strainer and the grinding nozzle.
 3. Turn slow juicer on and slowly add the mixture into the juicer body. Once all of the ingredients have passed through the slow juicer, place through again.

Serving suggestion: Serve with grilled or barbecued fish fillets or chicken breast fillets.

Pesto

Serves 4

- 125g fresh basil leaves
 - 3 cloves garlic
 - ½ pine nuts, roasted
 - 2 teaspoons lemon juice
 - sea salt
 - freshly ground black pepper
 - 1 cup extra virgin olive oil
 - 60g pecorino or parmesan, grated
1. Assemble slow juicer with the blank strainer and the grinding nozzle.
 2. Combine the basil leaves, pine nuts and garlic in a bowl.
 3. Turn slow juicer on and slowly add the basil mixture into the juicer body.
 4. Once the basil mixture has gone through the slow juicer combine with remaining ingredients and place mixture through the slow juicer again. Stir through cheese.

To serve: Boil a large pot of boiling water with a little oil in it. Boil 500g pasta until just tender. Drain pasta well but do not rinse. Place hot pasta back in to pot and stir through half of the pesto sauce. Add more pesto to taste if desired. Serve with extra cheese and a sprinkle of toasted pine nuts. Store remaining pesto in an airtight jar in the refrigerator with a little extra oil on top to prevent browning. Discard after 5 days.

Variations: Rocket and walnut Coriander and almond.

Recipes continued

Laksa Paste

- ½ cup dried shrimp
- 3 large dried chillies, seeds removed, chopped
- 1 tablespoon blachan (belecan) or shrimp paste
- 6 thai shallots or eshallots, quartered
- 6 candle nuts
- 5 cloves garlic
- 4 kaffir lime leaves
- ¼ cup firmly packed Vietnamese mint leaves, roughly chopped
- 3 fresh chillies, seeds removed, chopped
- 2 stalks lemon grass, white only, sliced thinly
- 1 large knob fresh galangal, sliced thinly
- 1 teaspoon ground turmeric
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 2 tablespoons lemon juice
- ½ cup vegetable oil

1. Place shrimp and chillies in a small bowl; pour over boiling water and stand for 15 minutes. Drain.
2. Wrap shrimp paste in a small piece aluminium foil. Bake in oven, 180°C for 10 minutes.
3. Place all ingredients in a bowl and mix to combine. Assemble slow juicer; attach the blank strainer and the grinding nozzle.
4. Turn slow juicer on and slowly add the mixture into the juicer body.
5. Repeat 2-3 times depending how processed you want the mixture to be.
6. Cook mixture in a non stick frying pan for 5 minutes, stirring constantly. Allow mixture to cool before transferring to a clean air tight container. Paste will keep in the refrigerator for 3 days or in the freezer for 3 months.

DIPS

Roasted Beetroot Dip **Makes approx 3 cups**

- 5 large (1.1kg) fresh beetroot
- ²/₃ cup (200g) natural yogurt
- ½ cup (120g) low fat sour cream
- ½ cup (125ml) orange juice
- ½ teaspoon cumin powder
- 1 tablespoon horseradish

1. Preheat oven to 200°C. Trim the beetroot leaving a 2cm stalk attached. Wash beetroot carefully removing all dirt but do not damage the skin. Wrap each beetroot individually in aluminium foil.
 2. Place beetroot on a baking tray and bake in oven for about 1- 1 ¼ hours or until tender. Turn the beetroot every 15 minutes.
 3. Remove beetroot from oven; open foil and allow beetroot to cool for 15 minutes. Using a sharp knife, remove stems and peel away skin. Cut beetroot into thin wedges.
 4. Assemble slow juicer with the blank strainer and the puree nozzle.
 5. Feed the beetroot through the slow juicer.
 6. Transfer beetroot to a large bowl and combine with remaining ingredients; mix well. Refrigerate until needed.
- Serve with crackers or sliced Turkish bread.

Recipes continued

Hummus

420g can chickpeas, rinsed, and drained

¼ cup tahini

¼ cup lemon juice

¼ cup water

¼ cup olive oil

1 clove garlic, crushed

½ teaspoon ground cumin

½ teaspoon salt

1. Combine ingredients in a bowl.
2. Assemble slow juicer with the blank strainer and the puree nozzle.
3. Turn slow juicer on and slowly pour mixture into the juicer body.
4. Transfer mixture into a bowl and refrigerate for 1-2 hours before serving.

Serving suggestions: Serve hummus with toasted pita crisps; simply cut pita bread into triangles, brush with olive oil and season with a little salt and cumin seeds. Bake in oven at 200°C for about 5 minutes or until crisp.

Baba Ghanoush

2 large eggplants

3 cloves garlic

2 tablespoons tahini

¼ cup lemon juice

¼ teaspoon sweet paprika

sea salt and freshly ground black pepper

1. Pierce eggplants all over with a fork. Cook eggplants under a griller until the skin blackens and the flesh is soft. Allow eggplants to cool for 20 minutes before removing skin.
2. Allow the eggplants to drain for 10 minutes then roughly chop.
3. Combine eggplant with remaining ingredients in a bowl.
4. Assemble slow juicer with the blank strainer and the puree nozzle.
5. Turn slow juicer on and slowly add the mixture into the juicer body.
6. Transfer mixture into a bowl and refrigerate for 1-2 hours before serving.

Recipes continued

FROZEN FRUIT SORBETS

Summer Breeze

Serves 4-6

1 mango or 3 frozen mango cheeks

250g strawberries

3 ripe bananas

2 passionfruit, chilled

1. If using fresh mango peel and cut flesh away from seed. Remove hulls from strawberries and cut in half or quarters if large. Peel bananas.
2. Place all fruit except for passionfruit on a tray in a single layer; cover with a plastic bag or cling wrap and place in the freezer until frozen.

Tip: If not using the fruit straight away; place in a sealable bag once frozen.

3. Assemble slow juicer with the blank strainer and the large round nozzle. Cut bananas into chunks. Feed frozen fruit through the slow juicer. Once all of the fruit has been put through the slow juicer, add passionfruit pulp and stir to combine; serve immediately.

Tropical Affair

Serves 4-6

¼ small papaya

250g strawberries

2 bananas

½ cup frozen pitted cherries

2 passionfruit, chilled

1. Remove skin and seeds from the papaya. Cut into cubes. Remove hulls from strawberries and cut in half or quarters if large. Peel bananas.
2. Place all fruit on a tray in a single layer; cover with a plastic bag or cling wrap and place in the freezer until frozen.

Tip: If not using the fruit straight away; place in a sealable bag once frozen.

3. Assemble slow juicer with the blank strainer and the large round nozzle. Cut bananas into chunks. Feed frozen fruit, including frozen pitted cherries through the slow juicer. Once all of the fruit has been put through the slow juicer, add passionfruit pulp and stir to combine; serve immediately.

Recipes continued

Eyesight Delight

Serves 4-6

½ rockmelon

½ papaya

2 peaches or nectarines

3 ripe bananas

1. Remove skin and seeds from the rockmelon, papaya and peaches. Cut into cubes. Peel bananas.
2. Place all fruit on a tray in a single layer; cover with a plastic bag or cling wrap and place in the freezer until frozen.

Tip: If not using the fruit straight away; place in a sealable bag once frozen.

3. Assemble slow juicer with the blank strainer and the large round nozzle. Cut bananas into chunks. Feed frozen fruit through the slow juicer. Once all of the fruit has been put through the slow juicer, stir to combine; serve immediately.

Banana Dream

Serves 4-6

6-8 ripe bananas

1 punnet blueberries or strawberries

1. Peel bananas. If using strawberries, remove hulls and cut in half or quarters if large.
2. Place all fruit on a tray in a single layer; cover with a plastic bag or cling wrap and place in the freezer until frozen.

Tip: If not using the fruit straight away; place in a sealable bag once frozen.

3. Assemble slow juicer with the blank strainer and the large round nozzle. Cut bananas into chunks. Feed frozen fruit through the slow juicer. Once all of the fruit has been put through the slow juicer, stir to combine; serve immediately.

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